Stroke – Prevention is Possible

Suddenly, in the middle of a telephone conversation with a friend, Anne is unable to speak intelligibly. A strange feeling of numbness creeps over her face. She is experiencing a stroke.

Anne is one of approximately 1.8 million men and women who have suffered a stroke. Each year 200,000 persons die from this disease.

But, stroke does not always result in death. The results can be permanent or temporary disability, depending on the extent of brain damage. Loss of coherent speech frequently occurs.

Stroke occurs when oxygenated blood is blocked from a part of the brain, causing millions of brain cells to die. A leading cause of stroke is high blood pressure, a condition that can be diagnosed and controlled.

The American Heart Association believes that reduction of risk factors, especially control of high blood pressure, can help prevent stroke. Every day, Heart Association-funded scientists are trying to discover ways of preventing stroke and other forms of heart disease.

Research has revealed that a person with a history of "little strokes," medically known as transient ischemic attacks (TIA), is more likely to have a major stroke. One-third of all patients who have TIA's may have a major stroke within five years unless medical or surgical measures are taken.

A little stroke results in temporary symptoms usually lasting for a maximum of one or two days. These symptoms may be loss of speech or motor control, loss of strength or coordination of the arm or leg on one side of the body, impairment of eye movement, loss of vision, usually in one eye, dizziness and loss of balance.

Little strokes occur when a clot that forms in the artery temporarily diminishes or cuts off the flow of blood to an area of the brain for no more than one or two days.

If a little stroke is detected early enough, surgery may be performed to prevent a major stroke. Bypass surgery, a recent development, utilizes small arteries to provide additional blood flow to the brain.

Persons with diabetes, gout, or a high red blood cell level appear to be more likely to suffer a stroke. Older persons are also more likely candidates for stroke; however, one out of six stroke deaths occurs under age 65. Children, even newborns, have been afflicted.

When stroke occurs, whether it is TIA or major, prompt medical examination by a doctor is necessary. Rehabilitation should begin immediately. Although individuals may not be able to do all the things they did before stroke, with proper rehabilitation and counseling, they will be able to do many things for themselves.

Local Heart Associations stress public and medical education, particularly high blood pressure control, in the prevention of stroke. Information about stroke warning signals and prevention through reduction of risk factors is available from local Heart Associations.

J. A. Burke & Co. Receives Recognition

In 1918, on January 15 to be exact, J. A. Burke & Company, then a well established insurance business of three years, began representing Fidelity and Deposit Company of Baltimore, Maryland.

Fidelity and Deposit was founded in 1890, thus making it twenty-eight years in business at the time the J. A. Burke Insurance Company was appointed agent.

On Wednesday, January 18, 1978, Gene Lyon, Associate Manager of the Richmond Office of Fidelity & Deposit Company, with whom the J. A. Burke & Company is associated, presented to them a plaque in recognition of 60 years of continuous, profitable, and pleasant association with their company.

In making the presentation, Lyon commented, "It isn't often that two businesses have a mutually beneficial association for this long a period."

Shown in the above photo, left to right, are William Jennings, Special Agent for Fidelity and Deposit Company; Gene Lyon, Associate Manager of the Richmond Office of Fidelity and Deposit Company; R. F. Burke, III, President of J. A. Burke & Company; Mrs. Gwen P. Franklin, Secretary, and Jerry L. Burke.

NORTH ANNA LICENSE ISSUED VEPCO

Virginia Electric and Power Company was notified today that the Atomic Safety and Licensing Board has authorized the Nuclear Regulatory Commission staff to issue an amended license allowing North Anna 1 to be brought to final operational readiness.

The decision amends the Board's earlier order permitting fuel loading and will enable Vepco to bring the unit to "Hot Sandby" - a point where the reactor is ready to start producing power.

W. L. Proffit, Senior Vice President for Power, said, "We are pleased at the ASLB decision and will resume pre-operational testing at North Anna as soon as the NRC issues the license."

Proffit said the checkout of all systems and testing leading to hot standby status should take about two weeks from the time the license is issued.

"The Board clearly defined the issue in the recent hearing as arising from a disagreement between company personnel and commission staff over reporting procedures," Mr. Proffit said. "We are confident that we and the NRC staff can eliminate any misunderstanding over reporting requirements, and work out satisfactory procedures and standards to follow within the Company and with the NRC," he added.

Mr. Proffit said, "We are pleased that the Board recognized the importance of reaching a decision promptly on the North Anna license. We hope the amended license can be issued this week by NRC.

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TIME TO ORDER STRAWBERRY PLANTS IS NOW

BLACKSBURG - If you're among Virginia's growing breed of commercial strawberry growers, then you'll want to order plants now to be assured of a March or early April delivery of the varieties you want.

That advice came from Charles R. O'Dell, an Extension specialist in small fruit and vegetable production at Virginia Tech. O'Dell said that as consumer demand for fresh, locally grown strawberries has grown, so has the number and size of Pick Your Own (P-Y-O) operations.

So it's important to place orders for strawberry plants now, the specialist advised, well in advance of the March-April planting season.

What kind of varieties should you order?

Several strawberry varieties are well suited for Eastern Virginia, O'Dell said, including Earlibelle, Apollo, Albritton, and Sunrise. An early variety called Earliglow and two midseason varieties called Redchief and Guardian have also become popular with P-Y-O customers in Eastern Virginia, O'Dell said.

In Western Virginia and the mountains, the variety Tennessee Beauty has made a comeback despite its succeptibility to leaf diseases. New fungicides such as Benlate have improved the variety's yield of marketable berries, O'Dell said.

When hit by spring frosts common to the mountains, Tennessee Beauty appears to bloom again, increasing its yields when compared to other varieties under comparable weather conditions.

Popular among P-Y-O operations for midseason sales are the varieties Catskill and Pocahontas. The fruit of both is soft, O'Dell noted, and is excellent as dessert and processed fruit.

Marlate is a late season variety that has performed well in most of the state and the variety Delite "is coming on strongly with growers," O'Dell said.

The economics of P-Y-O strawberry production are exciting, O'Dell said, if you like to work with the public, are located near an urban center and have time to devote to a crop that is very intensive during the year it's being established.

P-Y-O data have shown that net income after expenses for one acre of irrigated strawberries may amount to between $2,800 and $5,000. With good management, some growers have kept strawberry patches productive and profitable for from five to seven years, O'Dell said.

But good years for strawberry production have been scarce, O'Dell admitted, and only those growers who can irrigate and protect blooms against frost have profited.

For more information about P-Y-O strawberry production, ask your local Virginia Tech Extension agent.

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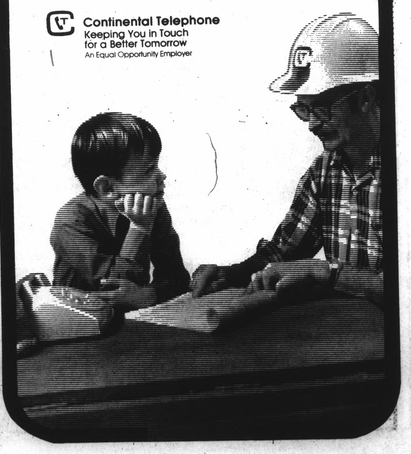

THEN and NOW!

By Frances H. Paulette

"The Visit"

NOTE: Because I have not interviewed anyone about whom I could write in this week's column, my story is fiction, based on recollections of the many people to whom I have talked during the past year. To all these people I say a hearty 'thank you!'

The entire family was in such a state of excitement, it was almost unbearable. papa had finally consented to take the family for a visit to the home of Aunt Clementine and Uncle Ezra. It wasn't the relatives they wanted to see, (heaven forbid, they were boring!); it was the city the children were looking forward to visiting. The trip meant traveling nearly 70 miles, and going that far was something to anticipate. Of course, Papa had his new 'auty-mo-beel! There shouldn't be any problem on the trip but if something did turn up, Papa was exceptionally good at fixing things.

Mama had been kind of cool to Papa, (it was intended, sure enough), ever since he had bought the new car. She said he was just trying to show off - wanted to be the first one in their community to have a car. But Papa insisted it would be for the whole family.

Everybody in the family knew that Mama had been after Papa to let her take the train into the city to visit her sister, Clementine, and they agreed with her that now would be a good time to bring it up again. To their surprise Papa agreed, "But there will be no train trip for you, my dear. We'll all go in the auty-mo-beel."

With the trip a certainty, there was only the decision of when to depart. "We'll leave in the morning," Papa announced with a commanding voice. Before the words were hardly out, Mama, who usually never disagreed with Papa, was quick to reply. Not about to be intimidated, Mama stretched herself to her full, five-feet, two inches and replied in a voice that we had not heard Mama use but a few times in our entire lives. 'We can't go in the morning; there's too much to do.' "Too much to do," retorted Papa in a voice that carried an edge of irritation. "Like what, pray tell me?"

In the same voice that somehow seemed to say, 'I'm in control now!', Mama went on, 'We will all have to take baths, all over, mind you! there are clothes to wash and 'do up', and then I will have to fetch some rain water from one of the neighbors, to wash my hair; ours is all gone. Then of course, there is the cooking, food we'll take on the trip. Just a million things to do."

Papa, swearing under his breath, quickly left the warmth of the big, comfortable kitchen to go outside and 'check' the new car. We heard him crank it up and knew without looking that he was bent over listening to the hum of the motor. "Just like a child with a new toy," Mama said.

With the wash boiler steaming on the back of the stove, Mama hurriedly got breakfast. Never had the home-made sausages with gravy, fried potatoes (In cold weather the hens didn't lay enough to have eggs for breakfast every day), and preserves tasted quite so appetizing. With plenty of Mama's homemade biscuits and hoe cakes to 'sop' it up, the children quickly satisfied their hunger.

While the two older girls got on with the washing, Mama began to plan the food to be taken on the trip to the city. She would fry ham, of course, that was in good supply; maybe a few sausage cakes and some scrapple (William, her husband would like that). With plenty of biscuits, filled with damson preserves, she could feed the whole bunch without too much effort. Maybe if there was time, she would bake some sweet potatoes and fry some apple puffs; that would really make a feast!

The children were delighted to be permitted to miss a day or so of school, especially in cold weather. There were several things about school in cold weather they didn't like. The boys had to split wood for the pot-bellied stove and go to the spring for water. (Going to the spring was fun when the weather was warm; there was always the possibility of finding a frog with which to frighten the girls, (silly girls, afraid of a frog!) But, oh, those trips when nature nudged, and you had to go! Back THEN, so some people remember, one side of the wooded area behind the school was designated as 'the boy's place'; the opposite side, 'the girls' place'. So, you can see, one did not go in cold weather, that is, unless one HAD to!

When the gingham dresses were all starched and the petticoats made of woolen material freshly aired, the ladies in the family begin to get that 'special feeling' that went along with such a trip.

The boys were uncomfortable in their 'Sunday Clothes', freshly polished shoes and black stockings neatly tucked under their knickers. "Oh, my," exclaimed Mama as she gave them the once-over, "Look at your leg, Luke, you have a hole in your black stocking. Whatever shall I do? Papa is just about ready to leave."

While Mama was busily trying to find another black stocking, enterprising Luke had already figured out the solution. Quickly, before Mama caught him, he grabbed the bottle of black shoe polish. Dabbing a bit on the white underwear that showed through the hole in the black stocking, he was ready to go in a minute. Only the most careful observer would have noticed!

Finally, a day or so later, with bricks heated and heavily wrapped to keep their feet warm, they were on their way. The trip was something to remember; considering everything, it went rather well. The only thing that caused any trouble was Mama's corset, or you might say, Mama's pride! There is one thing I am going to do," Mama had said as she had one of the girls pull the corset string much tighter than usual," and that is to show that sister of mine that even though I have born children I still have a fashionable waistline!" She looked nice, no doubt about it, but did she ever hurt! The younger children were getting sleepy - - -

Suddenly they were in the city and the excitement was almost too much. While there were few motor cars on the streets, the street-cars going busily along their tracks and the horse-drawn carriages plodding their way along the streets gave an air of busyness to the city.

They could hardly wait to get downtown. Mama had told them about the large Woolworth Store on the corner. She said there was a sign reading, "Nothing Over Ten Cents!" As time passed, Mama said, some items were raised to the price of a quarter and the sign was changed to read, "25c to $1.00". What a joy it would be to go inside a store like that and look.

As the auty-mo-beel continued through town to Aunt Clementine's house, their minds were filled with the days to come - - - a visit to the ice-cream parlor (even if it meant only root beer, for there were too many to have ice cream) and on down past the fish store, the cheese shop. You could close your eyes and tell when you were getting to these places of business. The city indeed was exciting and different. - - -

From somewhere in the distance, it seemed, she could hear Mama calling, "Emily, Emily, wake up, we'll soon be in the city!"

"Soon be in the city - - -" thought the confused Emily. "But Mama," she began, "We've already been - - -." Emily paused for a long while before continuing, for then it came to her - - - she had been dreaming! Oh! What a beautiful dream it had been! Would the city be half that exciting?

IF YOU HAVE BEEN WITHOUT ELECTRICITY, the reason was most likely due to broken trees and tree limbs from the weight of ice. Many power lines were broken leaving people without electricity when the icy conditions of recent weather caused trees and limbs to fall across power lines.

HOLLYWOOD

Due to the bad weather and sickness the crowd at Hollywood for Sunday School and preaching Sunday was light. We are thankful for those who were able to attend.

Mr. Rick Woodall of Roanoke was the speaker Sunday for Baptist Men's Day at Inglewood Baptist Church in Lynchburg. Mr. and Mrs. James Woodall, Mr. and Mrs. W. H. Wingfield, Miss Julia Wingfield of Appomattox and Mr. Whit Woodall of Lynchburg were among others of the family and friends attending services there Sunday.

We are very sorry to hear Mrs. Richard Webb isn't feeling well at this time. We pray she may soon be fully recovered.

We are so glad Mr. Robert Coleman is at home and is doing good. We are also very glad Mrs. Hazel Harvey is home after a recent stay in the hospital. May each of them continue to improve are our prayers.

Relatives and friends were deeply grieved to hear of the deaths last week of Mrs. Cal Ransom, Mr. Ernest Rogers and Mr. L. L. Stewart, Sr. Deepest sympathy is extended their loved ones.

Mr. and Mrs. Arlis Maxwell visited Mr. and Mrs. Richard Webb and family Sunday. Mrs. David Repass spent Saturday in this home.

Mr. and Mrs. Raymond Franklin and Pam visited Raymond's mother, Mrs. Mattie C. Franklin at the Medical Care Center in Lynchburg Sunday.

Mr. and Mrs. Ryland Mayberry of Newport News spent Saturday night with Mr. and Mrs. Kenneth Deaner and family and Sunday with Mr. and Mrs. Roy St. John of Charlotte Court House. Mrs. Joan Mayberry accompanied them home Sunday after spending some time in the Deaner home.

We are so glad Mrs. Delorious Deaner is able to be out again after having the flu for three weeks.

It's good to hear Mr. Jimmie Almond is able to be home after a recent stay in the hospital. Mr. Almond has been transferred from Danville to Roanoke and he and his family are now living there.

Mr. Kenneth Wingfield of Roanoke spent the week end visiting relatives and friends in Appomattox.

Mr. and Mrs. Rick Woodall and family of Roanoke, Mr. and Mrs. Wiess of Lynchburg and Mr. and Mrs. W. H Wingfield and Miss Julia Wingfield were dinner guest Sunday of Mr. an Mrs Clem Woodall and family of Lynchburg.

Dinner guest Sunday of Mrs. Mary Bagby were Mr. and Mrs. Andy Davis and Mr. and Mrs. Thomas Woodall and Lisa. Visitors last week in this home were Mr. and Mrs. Alfred Almond, Andy Davis, Kenneth Wingfield and Walter Wingfield.

Mr. Grover Beasley, Jr. visited his mother, Mrs. Grover Beasley, Sr. last week at the Martin-Wooldridge Nursing Home.

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